

## Fly-swatter field hockey



It works in a similar way to normal floorball. Instead of field hockey sticks, the players have a fly swatter and the game is played with a ping-pong ball. The playing field, group size and goal size can be freely adapted to suit requirements.

### Basic idea

2 teams (approx. 4-7 players each) play against each other. They can be marked with ribbons. Each player has a fly swatter as a bat. The ping-pong ball may **only** be played with the fly swatter. The aim is to score as many goals as possible.

The goals are set up approximately ten meters apart and can also be constructed differently depending on the location and materials (between two sticks/chairs etc.) if no goals are available.

The team size can be varied depending on the size of the pitch and requirements. The larger the pitch and the fewer the players, the more intense the game is for the players.

### Possible variations

- Play for time: which team has more goals after 3 min / 5 min / 7 min etc.?
- By number of goals Goal games: which team will score 3 goals first?
- Tournament: several groups play against each other, which team wins the final?
- Dice-fluke field hockey: a dice determines the respective team size. The dice are rerolled as soon as a goal is scored **or** after 3 minutes, for example.
- All players must hold the fly swatter in their "other" hand (i.e. left for right-handers)
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### Materials

- Fly swatters (one per player)
- Ping-pong ball (several, in case one breaks)
- Goal (can be constructed from different materials (two chairs/sticks/toggle/flags, a goal etc.)
- Colored ribbons for team division
- Dice



## Source

Overview image: <https://de.vecteezy.com/png/1192434-olympisches-piktogramm-hockey>